

ARTHRITIS ADVISORY COUNCIL MEETING

Date: June 25, 2003

Time/Place: 12-2, PTC Bldg, 7th Floor

Recorder: Camille McCashland

Facilitator: Patti Moran

Attendees: Bonnie Christophersen (phone), Arla Farmer, Susan Grey, Dana Howell (phone), Camille McCashland, Kent McCarthy, Patti Moran, David S. Nielson, Darlene Pollard, SueAnn Reese, Dan Ward

DISCUSSION	ACTION/RECOMMENDATION
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Year End Review October 2002 through June 2003

- *ISU Healthcare Conference (Oct 02):* Approximately 30 people attended the Arthritis track of the conference, most of them pharmacy students.
- *Health District V-Bridgeview Partnership (Dec. 02 and ongoing):* PACE and Aquatics continue. *CDC media campaign:* Patti is waiting on final report. The campaign ran radio spots and CDC brochures were distributed. Tammy from Bridgeview did two radio interviews. Earlier a large newspaper article ran in the Twin Falls paper about the aquatics class and PACE and one was printed about the ASHC.
- *Shoshone-Bannock (ongoing):* PACE is offered 2-3 times per year. They are transporting a few seniors (4-6 people) to an aquatics class in Pocatello. During Arthritis Month they held a one mile walk around the site, with about 70 participants. They had an arthritis seminar and a PACE demonstration. They tried offering ASHC again but did not have sign-ups. At this time the self-help course does not have enough interest to move forward.
- *PACE and Aquatics Trainings:* Trainings were held earlier in the year. Ten PACE and 13 Aquatics leaders were trained.
- *ASHC Trainings:* A leader training was held in March with 9 leaders trained.
- *Course offerings:* This past year classes were held in Paul, Moscow, Twin Falls and Meridian, ID.

National Arthritis Month:

- *Fitness Professionals Workshop May 3 at St. Luke's Idaho Elks Rehabilitation Hospital, Boise:* This workshop was canceled because only 5 registered. Those teaching the workshop requested a minimum number of 15.
- *CDC Media Campaign:* 'Physical Activity: The Arthritis Pain Reliever'. Our media contractor distributed the CDC radio and print PSA's to north, central, and east Idaho where we did not purchase any media buys (22 radio stations and 45 newspapers). Three newspapers ran the PSA's. There is no way to track the radio spots but Patti may try sending a survey to them.
- *Arthritis Education Day May 17th:* Boise had 134 attendees. 146 pre-registered, 91 of those came and 43 additional people saw the information in the paper and came. Bonnie Christophersen compiled the evaluations from the presentations, 91 surveys were completed and 82 people said they would come again. Dr. Loveless would like to be more involved next year.
- *Seminars:* Idaho Falls had a turn out of 10 people and Twin Falls had 30 people attend.
- *Idaho Media Campaign:* H&W's media contractor E/S Drake developed several different messages into seven 15-second TV ads with the topic 'Start Living Well with Arthritis'. These ran in May and June in the Boise/Treasure Valley market, and coverage will be expanded as more funding becomes available. Viewers are being invited to call the Idaho CareLine (211) to receive a packet that includes: "Living Well with Arthritis" booklet, "CDC Physical Activity. The Arthritis Pain Reliever" Brochure, AF brochure "Walking & Arthritis", "Walk with Ease" flyer, AF Material Orders Form, the Arthritis Program bookmark "You Can Do Something About Arthritis", and the "Idaho Arthritis Resource Guide". If anyone want any of these materials to distribute please let Patti Moran know. The Idaho CareLine provides a report upon request on calls, broken down by age, gender, town, and where heard (radio, TV, etc.). Currently 25 calls have come in. Patti showed the council the spots, which were well received. Council members took or asked for boxes of the booklets to distribute (a total of 2135 booklets taken by members for distribution).
- *Conference on Aging:* Patti presented in Northern Idaho at the Conference on Aging. The theme for this presentation was "You can do something about Arthritis". The first session was attended by about 80 people, the second presentation was attended by about 30 people. Arthritis management options were discussed as well as myths of arthritis and arthritis in Idaho. Patti also visited the Tribal Wellness Center in Plummer and said it is "amazing". The center is open to the entire community and is set up much like the YMCA. Currently the center is taking part in the 10,000 step program and has 1500 participants. They offer PACE and aquatics and the instructor is also an ASCH leader.

DISCUSSION	ACTION/RECOMMENDATION	RESPONSIBLE PERSON(S)	DUE DATE
Planning <ul style="list-style-type: none"> ▪ <i>Juvenile Arthritis Day:</i> JA Day is planned for October 11th at St. Luke's Elks Rehabilitation Hospital. The theme will be "Get in the Game". Dr. Knibbe will be speaking. A youth as well as a parent track will be offered. The youth will be using the pool and learning fun ways to exercise. The parents will learn how to help their child adapt different activities to help them stay involved with their peers. Kent McCarthy and his wife will also be talking about the family aspect of living with JA. Larry Gebert from the Channel 7 early morning news show has been invited to broadcast from the hospital in order to help promote the event. The Arthritis Foundation will be sending out invitations to local doctors' offices and school nurses. Bonnie is currently looking for donations to be put in goody bags for those youth attending JA Day. Please contact her if you have anything. ▪ <i>ISU HealthCare Conference:</i> Will be held on October 23rd and 24th of this year. Patti suggested having a pharmacist speak on arthritis for this Conference. Also discussed was having a panel on 'Tips for living with Arthritis'. Since this conference is directed more to health professionals, the Arthritis Council felt a panel discussion would not be beneficial at this event. They would like to look into having a panel at another event for the community. ▪ <i>Reaching Fitness Professionals:</i> Council members don't want to give up on this idea despite the cancellation of the workshop. Patti will meet with Susan Gordon and Victoria Merrell to discuss other ways to reach fitness professionals. The manager of Gold's Gym was interested in this workshop. He stated that if it was offered for free they would then make it a requirement for all of the Gold's Gym employees to attend. The Council talked about the possibility of inviting other small clubs to attend this workshop. This will be looked into further. ▪ <i>Arthritis Walk:</i> Susan Grey would like to have an Arthritis walk in the Boise area. The Arthritis Foundation has tested this idea in pilot areas and Utah was one of the pilot sites last year and this year. Bridgeview in Twin Falls has also expressed an interest in having a walk. Bonnie shared with the group that a walk is currently being planned for next May on the requirement from National to have it in May. Due to the competition with all the other walks held in Boise during the month of May, ideas for making this walk different were discussed. Arla Farmer suggested the walk be held in the Boise Towne Square Mall early on a Saturday morning. The mall would work well for the intended audience in that it is climate controlled, has a level walking surface and would also show the long term benefits of "mall walking". Information booths could be set up around the mall to distribute information to those taking part. ▪ <i>Assisted Living/PACE Project:</i> Patti is preparing a survey of assisted living facilities. David will look into getting a mailing list from Facilities Standards. The purpose is to find out what exercise programs are being offered and determine interest in being trained and offering PACE. ▪ <i>ASHC Course offerings:</i> An Arthritis Self-Help course will be held in July at the Meridian AARP. The cost is \$30 and will be taught by Melissa Star. 			
		Susan Gordon Bonnie Christophersen Kent McCarthy Patti Moran All Patti Dana Howell Jim Creelman Patti Susan Gordon Victoria Merrell Bonnie/Valerie Argyle Susan Grey All Patti David Nielson Melissa Starr Victoria Saley, AF Ed	

SUBCOUNCILS

Did not meet separately during this meeting

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OTHER – Partner announcements <ul style="list-style-type: none">▪ Darlene Pollard has put together a schedule of her support group/classes and topics for the next year. A copy of the classes was shared with the Council and has been included with this summary.▪ Diana Oehrke is putting together a web page for Treasure Valley Fibromyalgia Outreach, Inc.▪ SueAnn Reese said Dr. Knibbe has money and would like to put together a Professional Education workshop the end of October, first part of November.▪ The Idaho Health Care Association will be holding a workshop the week of July 21st. For the cost of \$100.00 an organization can place a booth at the workshop for the week. The contact for this is Robert Vandermer.																							
FUTURE EVENTS <ul style="list-style-type: none">• <i>Arthritis Self-Help Class</i>: July at AARP• <i>Regular AAC Meeting</i>: September 10, 2003 12:00-2:00• <i>Arthritis Self-Help Leader Training</i> in Salt Lake City: September 12 & 13th• <i>PACE Training</i>: Tentatively October 9 and 10, 2003• <i>Juvenile Arthritis Activity Day</i>: October 11, 2003• <i>ISU HealthCare Conference</i>: October 23 and 24, 2003• <i>St. Luke’s/ Idaho Elks Rehabilitation Arthritis Support Group Meeting</i>, 4th floor- Call Darlene for more information at (208) 377-4253 <table><tr><td>September 4, 2003</td><td>Massage and Bodywork</td></tr><tr><td>October 2, 2003</td><td>Pain Management</td></tr><tr><td>November 6, 2003</td><td>How & What the Arthritis Foundation has for You</td></tr><tr><td>December 4, 2003</td><td>Warm Water Exercises</td></tr><tr><td>January 8, 2004</td><td>Wellness through Active Living</td></tr><tr><td>February 5, 2004</td><td>Food & Arthritis</td></tr><tr><td>March 4, 2004</td><td>Gardening & Arthritis</td></tr><tr><td>April 1, 2004</td><td>PACE Exercise on Land</td></tr><tr><td>May 6, 2004</td><td>Relaxation Techniques</td></tr><tr><td>June 3, 2004</td><td>Arthritis Perceptions</td></tr></table>				September 4, 2003	Massage and Bodywork	October 2, 2003	Pain Management	November 6, 2003	How & What the Arthritis Foundation has for You	December 4, 2003	Warm Water Exercises	January 8, 2004	Wellness through Active Living	February 5, 2004	Food & Arthritis	March 4, 2004	Gardening & Arthritis	April 1, 2004	PACE Exercise on Land	May 6, 2004	Relaxation Techniques	June 3, 2004	Arthritis Perceptions
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Respectfully submitted, Camille McCashland, Administrative Assistant, June 27, 2003.